

# **Beef Stew**

**Beef stew of childhood was mostly tomatoes, which make my mouth bleed. I don't use them. I also don't use beef stew chunks, as they have to be sliced four to five times to be bite sized. Cubed beef makes a delicious beef stew. It can be cut easily when still mostly frozen. It doesn't turn out the same twice. A thick, gluten free beef gravy is a delicious part of this dish I thought I might have to give up when I began eating gluten free.**

## **Pre Cook Preparation:**

- Marinate: Not for beef stew, unless you chop early and use gluten free beef gravy**
- A. Timer set to thaw meat for about 2 hours**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Timer set for 1.5 hours later, when meal should be ready to eat**

## **Meal Adaptations:**

### **Physical Accommodations:**

- Cut meat into bite sized pieces before sitting down**
- Frozen or canned vegetables can be used**
- Meat can be prepared in a food chopper**

### **Visual Accommodations:**

- Use colored chopping boards**

## **Potential Food Allergy or Intolerance:**

- Beef**
- Butter (lactose)**
- Gravy packet or can (gluten)**
- Mushrooms**
- Pepper**
- Spices**

## **Meatless Preparation Avoid:**

- Beef**
- Butter**
- Substitute with: \_\_\_\_\_**

**Utensils:**

Chopping board

Fork

Pot holders

Steak knife

Pan: 2.5 quart Glass or ceramic oven safe dish with a lid

**Ingredients:****Meat:**

A 2 pound package of: cubed steak

I have found the beef stew cuts too chewy and large.

**Vegetables: Choose 2 or 3 of:**

15 ounces of carrots

15 ounces of green beans

15 ounces of potatoes

**Optional:**

1/4 cup of mushrooms

1/4 cup of onions

**Other ingredients:**

1 tablespoon of butter

1 beef gravy pack (gluten free)

Dash of salt

Spices such as pepper to taste

Preparation time: 20 minutes

**Preparation:****1. Chop:**

Carrots

Green beans

Onions

Potatoes

**2. Chop cubed beef into bite sized pieces.****3. Place meat in pan.**

It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.

**4. Add:**

A dash of salt  
Carrots  
Green beans  
Onions  
Potatoes

**5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.**

**6. Add a gluten free beef gravy pack and stir lightly with a wooden spoon.**

**7. Place pan in oven.**

**Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.**

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 hours**

**Servings: 6 to 8**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.****Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.****Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**